

Iowa Department of Human Services

# **Are Home & Community Based Services Right for You?**



**Home & Community Based Services (HCBS)**  
are available to help you remain  
in your home and your community

[www.ime.state.ia.us](http://www.ime.state.ia.us)

# Home & Community Based Services Waivers

The **Iowa Home & Community Based Services (HCBS)** waivers are Medicaid Programs from the federal government which have rules set aside or “waived”.

This gives you more choice about how and where you receive services. It is available to people with disabilities and older Iowans who need services and supports; which may allow them to stay in their homes. You must be eligible for Medicaid and also meet the requirements for each waiver.

Iowa currently has seven Medicaid HCBS waivers. This brochure may help you decide if HCBS waivers are right for you. For more information or to apply, contact your local Department of Human Services office.



# What to expect...

**All waivers include some common service elements. These common elements are described below:**

## **SERVICE COORDINATION**

Your case manager/service worker is there to help you plan for and get the services and supports you need.

## **INDIVIDUAL PLANNING**

All individuals who receive waiver services and supports have an **Individual Service Plan**. Your plan should include important information about you, your goals, and the steps you and your **Support Team** need to take to get there. Usually, the people on your team include yourself, your case manager/service worker, and other people whom you choose.

## **QUALITY ASSURANCE**

It is important to make sure that you are satisfied with the services and supports that you receive, and that those supports are helping you move toward the goals that are in your **Individual Service Plan**. Iowa must also assure that HCBS waiver funds are used appropriately and in a fashion that meets federal and state requirements. You may be asked about your services and supports. These questions help ensure that waiver services help you lead a **full, satisfying, and safe life**.



# Waiver services are designed to support you!

## **EASY ACCESS**

You should be able to find and get the supports you need. Just contact your local Iowa Department of Human Services office or visit the Iowa Medicaid Enterprise (IME) website: **[www.ime.state.ia.us](http://www.ime.state.ia.us)**

## **FLEXIBLE SUPPORTS**

You should receive supports that are creative and effective so that your individual needs are met in the most efficient way possible.



## **PERSON CENTERED APPROACH**

You should feel you are respected, valued, and an equal partner in the design and delivery of the supports that are provided to you. Your team is there to support you in making decisions. You have the responsibility of letting your team know your service needs.

## **HEALTH & SAFETY**

The Iowa Department of Human Services requires providers to supply high quality supports. These supports will help you stay healthy and safe while allowing you to make informed choices, try new experiences, take reasonable risks, and assume new challenges and responsibilities in your life.

# Waiver descriptions...

## **HCBS AIDS/HIV Waiver**

The AIDS/HIV waiver provides services for persons who have an AIDS or HIV diagnosis. The following services are available:

- Adult Day Care
- Consumer Directed Attendant Care
- Counseling Services
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Nursing
- Respite

## **HCBS Brain Injury (BI) Waiver**

The BI waiver provides services for persons who have a brain injury diagnosis due to an accident or illness. An applicant must be at least one month of age but less than 65 years of age. The following services are available:

- Adult Day Care
- Behavioral Programming
- Case Management
- Consumer Directed Attendant Care
- Family Counseling & Training
- Home & Vehicle Modification
- Interim Medical Monitoring & Treatment
- Personal Emergency Response
- Prevocational Services
- Respite
- Specialized Medical Equipment
- Supported Community Living
- Supported Employment
- Transportation

# Waiver descriptions...

## **HCBS Elderly Waiver (EW)**

The Elderly waiver provides services for elderly persons. An applicant must be, at least, 65 years of age. The following services are available:

- Adult Day Care
- Assistive Devices
- Case Management
- Chore
- Consumer Directed Attendant Care
- Home & Vehicle Modification
- Home Delivered Meals
- Home Health Aide
- Homemaker
- Mental Health Outreach
- Nursing
- Nutritional Counseling
- Personal Emergency Response
- Respite
- Senior Companion
- Transportation

## **HCBS III & Handicapped (IH) Waiver**

The IH waiver provides services for persons who are blind or disabled. An applicant must be less than 65 years of age. The following services are available:

- |                                    |  |
|------------------------------------|--|
| • Adult Day Care                   | • Homemaker                              |
| • Consumer Directed Attendant Care | • Interim Medical Monitoring & Treatment |
| • Counseling                       | • Nursing                                |
| • Home & Vehicle Modification      | • Nutritional Counseling                 |
| • Home Delivered Meals             | • Personal Emergency Response            |
| • Home Health Aide                 | • Respite                                |

# Waiver descriptions...

## **HCBS Mental Retardation (MR) Waiver**

The MR waiver provides services for persons with a diagnosis of mental retardation. The following services are available:

- Adult Day Care
- Consumer Directed Attendant Care
- Day Habilitation
- Home & Vehicle Modification
- Home Health Aide
- Interim Medical Monitoring & Treatment
- Nursing
- Personal Emergency Response
- Prevocational
- Respite
- Supported Community Living
- Supported Community Living-Residential Based
- Supported Employment
- Transportation

## **HCBS Physical Disability (PD) Waiver**

The PD waiver provides services for persons with a physical disability. An applicant must be at least 18 years of age, but less than 65 years of age. The following services are available:

- Consumer Directed Attendant Care
- Home & Vehicle Modification
- Personal Emergency Response
- Specialized Medical Equipment
- Transportation

## **HCBS Children's Mental Health (CMH) Waiver**

The CMH waiver provides services for children who have been diagnosed with a serious emotional disturbance.

The following services are available:

- Environmental Modifications & Adaptive Devices
- Family & Community Support Services
- In Home Family Therapy
- Respite

# Is the Consumer Choices Option for you?

The **Consumer Choices Option** is an option that is available under the HCBS waivers. This option will give you control over a targeted amount of Medicaid dollars. You will use these dollars to develop an individual budget plan to meet your needs by directly hiring employees and/or purchasing other goods and services. The **Consumer Choices Option** offers more choice, control and flexibility over your services as well as more responsibility.

- Do you want more **control** over how waiver Medicaid dollars are spent on your needs?
- Do you want to be the **employer** of the people that provide support to you?
- Do you want to be **responsible** for recruiting, hiring and firing your workers and service providers?
- Do you want to be **responsible** for training, managing and supervising your workers and service providers?
- Do you want the **flexibility** to be able to purchase goods or services in order to meet your needs?

Additional help is available if you choose this option. You will choose an **Independent Support Broker** who will help you develop your individual budget and help you recruit employees. You will also work with a **Financial Management Service** that will manage your budget for you and pay your workers on your behalf.

If you feel the **Consumer Choices Option** is right for you, your case manager/services worker can provide help with accessing this option.

More information can also be found at the website:

[www.ime.state.ia.us/HCBS/HCBSConsumerOptions.html](http://www.ime.state.ia.us/HCBS/HCBSConsumerOptions.html)

